



ʔakisq̓nuk Community Newsletter

November 2, 2023



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An open letter from the ʔakisq̓nuk Elders' Steering Committee

Letter of Encouragement from ʔakisq̓nuk Elders' Steering Committee

We, the ʔakisq̓nuk Elders, recognize the inadequate Ktunaxa representation at the local schools. We would like to make it known to the school district 6 that all their schools are within ʔamakis Ktunaxa.

"We are few in number but powerful".

We call upon every ʔakisq̓nuknik to stand up and make our presence known. We believe that every member has something to share. We would like to encourage you all to share our stories, our legends, our language, our history, and our culture in the local schools and each other. To further encourage you to share, we are supporting the initiative of a monthly gathering at the Band Hall to share skills, learn new stories, learn more language, and connect with your relatives.

For our community to thrive, every member must contribute. That's how it has always been.

The education system is a colonized system that has caused us enormous pain and trauma. We encourage everyone of you to take a stand in supporting the indigenization of the School District 6, whose schools are located within our region of territory.

A list is being built of all community members willing to share their skills with schools and each other. Once this list is complete, we will share it with the schools. Schools will then reach out to our assigned volunteer, who will connect the schools with the appropriate resource person. Schools, as per the current LEA agreement, have the obligation to invite us/allow us to be present.

If you feel you have something to share, please connect with our volunteer, Stella Sam, to have your name added to the list, and come share with us during the monthly cultural gatherings' events (to be schedule). If you feel you are not ready to share, please come to the monthly cultural gatherings. Either way, let us be together!

We cannot leave anyone behind. Our ancestors have protected our land for thousands of years. Now it is our turn to protect it. Our children deserve an education system that honors their land, their identity and their culture.

ʔakisq̓nuk Elders Steering Committee This 31st day of October, 2023.

For further information on cultural gatherings or school involvement please contact our volunteer Stella Sam: 250-688-7432 sdemagal@gmail.com

ʔAKISQ'NUK FIRST NATION



Own Source Revenue Engagement Follow-Up



ʔakisq'nuq First Nation

3050 Hwy 93/95 Windermere, B.C. V0B 2L2

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuq.org

Upcoming OSR Allocation Engagement Follow-up

Staff and Leadership would like to thank all ʔakisq'nuq members that participated in the Own Source Revenue community engagement sessions that took place over the past two months.

We were pleased to see so many ʔakisq'nuqnik involved. Our records indicate that over 70 members have taken the time to listen and make their voices heard. There is still more to be done on this important work as we build wealth for our community and future generations of ʔakisq'nuqnik.

In order to move this process forward in a timely manner we are asking all members to provide their comments, questions or thoughts using the engage@akisqnuq.org email by November 20, 2023.

Thank you.

David and Lisa
On behalf of the Economic Development team

ʔAKISQ'NUK FIRST NATION



Immunization Clinic Reminder



ʔakisq'nuq First Nation

3050 Hwy 93/95 Windermere, B.C. V0B 2L2

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuq.org

Upcoming ʔakisq'nuq Flu Clinic – Save the Date

WHEN - WEDNESDAY NOVEMBER 8th

WHERE - ʔakisq'nuq First Nation

TIME - 10:00 AM to 2:30 PM

The ʔakisq'nuq Health Department in cooperation with the Ktunaxa Nation Council Health Department is holding a flu immunization clinic on November 8th.

Please bring your Care Card and/or Provincial Health Number and a short-sleeved shirt.

The clinic will have this year's Influenza (flu shot) and the new Covid-19 vaccines (Moderna Spikevax XBB1.5) available and both shots are safe to get at the same time.

The Pneumonia shot (Pneumococcal polysaccharide) is also available for those aged 65 and older.

Anyone over the age of six months is eligible for the flu shot.

Anyone over the age of six months and up, at least 6 months after their last dose, is eligible for the Covid shot. If you have been sick with Covid recently you can still get the shot as long as you are feeling better.

Please contact Trisha Clowers (Trisha.clowers@akisqnuq.org or 250-342-6301 ext. 3847) if you have any questions.

ᑕAKISQ'NUK FIRST NATION



Notice of Office Closure

Please note ᑕakisq'nuK First Nation offices will be closed on Friday November 10 in observation of Remembrance Day.

The link below on the Legion website has a search function to find a Remembrance Day Ceremony in your area:

<https://legion.ca/remembrance/remembrance-day/remembrance-day-ceremonies>



Upcoming Events

NOVEMBER 2023



Important Info:

- PURPLE RIBBON WEEK - NOVEMBER 21-25 INCLUSIVE - PURPLE RIBBONS WILL BE AVAILABLE AT THE RECREATION CENTER OFFICES AND ADMINISTRATION OFFICE FOR ADDICTIONS AWARENESS WEEK
- MOVEMBER EVENT FOR CANCER AWARENESS FOR MEN - CONTEST WITH PRIZES
- CHRISTMAS CRAFTS

ALL EVENTS HELD AT THE BAND HALL UNLESS OTHERWISE POSTED

PLEASE SIGN UP FOR ALL EVENTS WITH TRISHA CLOWERS
250-342-6301 EXT 3847
TRISHA.CLOWERS@AKISQ'NUK.ORG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Good Food Box - Day Mural Room	2	3	4
5	6 Family violence awareness lunch 12-1pm	7	8	9	10 office closed in lieu of Remembrance Day	11 Remembrance Day
12	13 Ribbon Dress making with lunch 10am-2pm	14	15 Roc your mocs Day	16	17 Hat, scarf, toque, and mitts pick up day 10am-2pm	18
19 Purple Ribbons	20	21 Community Dinner 5-8pm	22	23 Recovery Road Home - Rob Louie 10am -2pm	24	25 Pendleton Mitten Making for Men
26	27 Band Meeting 10am-2pm lunch provided	28 Christmas Crafts 2pm-8pm	29 Staff Fake Mustache Day	30 Prize For Best Mustache - Prizes 6pm Mural Room		

In response to the Elder Advisory committee request to build community's cultural capacity, we would like to invite you to hear, learn and build your confidence in sharing the Ktunaxa creation story. Nasukin Don will be telling the story during the community dinner on November 21st. We will also have discussions on the how you can share the story, and other legends. Come prepared with your curiosity to learn and your motivation to share what you know! Everyone has something to offer!

AKISQ'NUK FIRST NATION



Upcoming Events



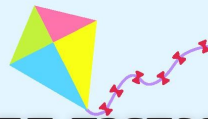
TEDDY BEAR PICNIC



Friday, November 17
10:00 - 11:30 AM

Columbia Valley Centre 646 4 St. Invermere

**FOR FAMILIES
WITH CHILDREN
AGED 0-5 YEARS**



FREE EVENT!

You can come dressed
as your favourite book
Character!

**LOCAL SERVICE PROVIDERS WILL HAVE FUN
ACTIVITIES AND INFORMATION FOR FAMILIES
WITH YOUNG CHILDREN. HAVE FUN AND
LEARN ABOUT THE SUPPORTS AND
SERVICES AVAILABLE!**

Bring your
favourite stuffie!

**ACCESS LOCAL
SERVICES!**

FREE GIFT BAG!

FOOD!

Join other families and caregivers with pre-school aged children at a FREE Ministry of Education and Child Care funded family-oriented event. Receive information about FREE local early learning programming and services available for you and your child!

ʔAKISQ'NUK FIRST NATION



Health Department Updates



ʔAKISQ'NUK HEALTH CENTER

KTAʔUʔK ʔUPQA
(DEER RUTTING)
NOVEMBER

NOVEMBER 2 2PM-4 PM DR. PAGE

NOVEMBER 14 10AM-4:15 MASSAGE CLINIC

NOVEMBER 15 9AM-4PM FOOT CLINIC

For more details on the Clinics, to book or to cancel
your appointment Contact
Health Office: (250) 342-6379



Naloxone kits are available for pickup at the
Health Center for anyone who would like them

*Please note that all Medical receipts should be
submitted directly to Rachel Bach at
Rachel.bach@akisqnuk.org*

ʔakisq'nuknik, your feedback helps ʔakisq'nuk First Nation make
improvements to services provided.

Take a few minutes to fill out the Health and wellness survey.
visit <https://www.surveymonkey.com/r/XW2YVVM> or scan QR



code





Lands, Resources & Infrastructure Department Updates

Sun Creek Restoration Field Day

On Saturday October 21, ʔakisq'nuk First Nation partnered with the BC Wildlife Federation, the Nature Trust of BC, the Province of BC and Rewilding Water and Earth Inc. to participate in a day on the land - learning, working and laughing together while we literally dug in the dirt. We were at Sun Creek Wetland, planting sedges, spruce trees, hawthorne, chokecherry and many more to help restore the wetlands to their original and ideally an even better state.

This important wetland has been severely impacted over time – by human caused land use change, climate change and forest encroachment. This project is about healing the land, giving back to the land and stewarding the land for future generations. It is about restoring ʔaxmamis q'api qapsin and bringing sina (beaver) and other wildlife back to the landscape.

We had 16 ʔakisq'nuknik join us including Nasuʔkin Don Sam, Councillor Darcy Fisher and his family, respected Elders, knowledge holders, citizens and youth. It was a great day to connect with the earth and each other.

We will continue this work to restore the wetland and there will be many more opportunities to participate in this project including more site visits to learn about the importance of wetlands to the ecosystem overall.

Thanks to all who participated and hope to see you next time.





Lands, Resources & Infrastructure Department Updates

Kiʔsuʔk kyukyit,

My name is Nevada Nicholas, I am an ʔakisq̓nuᓴ band member and I recently have been employed with ʔakisq̓nuᓴ First Nation as the Guardian Program and Traditional Use Study Coordinator. I am the daughter of Donna Nicholas (ʔakisq̓nuᓴ) and Ray Warden (ʔaᓴam) and the granddaughter of Jack (Lawrence) Stevens and Elizabeth Nicholas.

I am happy to be back in the community and working for our people, especially in the lands department. In the past, I have worked with both Ktunaxa Nation Council lands department and briefly in the ʔakisq̓nuᓴ lands department. At the age of 19, I was employed with Ktunaxa Nation Council as the Lands and Resources Stewardship Assistant based in ʔakisq̓nuᓴ as the connection between KNC Lands Department and the ʔakisq̓nuᓴ community. The experience I gained from working with the Nation was a great start to opening the Lands door and I plan to use that knowledge and apply it here.

I will be working on creating the ʔakisq̓nuᓴ Guardian Program. You may have heard about the ʔaknusti program developed by Ktunaxa Nation; this will be a similar program but specifically pertaining to ʔakisq̓nuᓴ lands. The Guardian Program will create future positions for ʔakisq̓nuᓴnik to manage and protect our lands and play a huge role in reconnecting us to the land, our culture and traditions. As roles and responsibilities vary in each community, they are developed on community needs and wants and to respond to the impacts of developments in these areas. I will be conducting many info sessions, community engagements with Elders, knowledge holders, youth and all members interested in contributing their voice to developing the best program for ʔakisq̓nuᓴ.



Alongside developing the Guardians Program, I will be developing the ʔakisq̓nuᓴ Traditional Use Study. As many of us know, we have conducted a Traditional Use Study (TUS) in the past. I will be working on updating the ʔakisq̓nuᓴ TUS, taking the existing collected data and combining it with newly collected data and making it a more useful and accessible. Future interviews will be conducted with Elders and Knowledge holders to gather information on historical and current uses of the traditional territory. That being said, confidential measures will be taken to safely store the data collected and will be managed properly and remain the property of ʔakisq̓nuᓴ and will not be shared other than for the purpose and use of ʔakisq̓nuᓴ First Nation.

I look forward to working with our community and creating new opportunities for our members to reconnect with our lands, our culture and our traditions. Please keep an eye out for upcoming Info sessions, and community engagement meetings regarding the Guardian Program - all members are welcome.

ʔan wunikit,

Nevada Nicholas
Guardian program and Traditional Use Study Coordinator





What's Happening at the Rec Centre

Hello my name is Ryan Nicholas and I am the new Recreation Centre Manager. I am a Member of the ʔakisq'nuK First Nation and I am looking at bringing some new programs to the community. In November we have Indoor Adult Soccer starting up and we look forward to welcoming the Columbia Valley Football Club on Wednesdays. We are also looking at bringing more programs for kids and for seniors later this month.



**EVERY TUESDAY
EVENING
6PM - 9PM
\$5 / PLAYER
FREE WITH MONTHLY MEMBERSHIP**

**VOLLEYBALL
NIGHTS**

**COLUMBIA LAKE RECREATION CENTRE
3050 HWY 93/95, WINDERMERE, BC
FRIENDS@COLUMBIALAKERECCENTRE.COM
250-342-0804**



What's Happening at the Rec Centre

Coming Soon!

October 23, 2023

BRIANNA CLARKE

I'm so happy to be joining the Columbia Lake Rec Community! Growing up in the Columbia Valley I spent my time on various sports teams and exploring the backcountry with my family.

Now you'll find me on top of a mountain or planning my next adventure. Like this one!

I'm excited to be offering a variety of group fitness classes from stretching and strength training to high intensity cardiovascular workouts. As well as accepting new clients for Personal and Pair training sessions.

I have a Kinesiology Certificate and am Certified through Canadian Fitness Education Services for both my Group Fitness Instructor and Personal Trainer accreditations. In addition, annually I continue to further my education and hold a variety of other certificates.

I began coaching clientele in 2017 and classes in 2018. I look forward to continuing my coaching career here where I feel right at home and I'll see you in class!



What's Happening at the Rec Centre

Group Class

Descriptions

1

Muscle & Hustle

In this traditional, station style, circuit class we will be using a variety of equipment and body weight exercises to target both our muscular and cardiovascular health. You are guaranteed to get a full body workout in as you hustle from each muscle building station.

2

Flex & Flow

Learning to flow through a sequence of weight lifting movements will not only strengthen your body but will also challenge your brain. Followed by a flexibility session to ensure optimal functionality throughout daily life.

3

Mindset & Movement

Heating up our bodies through the low impact movement portion of this class will have optional intensifiers to bring this into a more HIIT style of training. The second portion of this class will focus on increasing our Range of Motion through mobility training while focusing on mindset tips and tricks.

4

Strong & Steady

Through strengthening and stabilizing exercises we will build a stronger, more stable bod. Using unilateral moves to correct muscular imbalances and resistance bands to increase balance and strength within. Supersets of these movements will build up a burn and you might break a bead but expect no cardio moves here!

5

Lean & Mean

No equipment necessary while we focus on form and fundamentals of training. Whether you are a beginner or avid participant this class will provide a total body tone. It's all about attitude and how hard you are willing to work. This bodyweight burnout is bringing it back to the basics but that doesn't mean its easy.

curse words allowed, quitting is not

6

Butts & Guts

In this core conditioner a 6pk is not guaranteed but soreness when laughing is! Strengthening our core is to strengthen our entire being and then we pair it with some good ol' bootywork. Building the peach is not only what the people want but what the people need! Proper training of the behind will aid in your balance, posture and prevent injuries well into your ageing.



Updates from the Emergency Program Coordinator



Akisqnuq First Nation

3050 Hwy 93/95 Windermere, B.C. V0B 2L2

Office: 250.342.6301 Fax: 250.342.9693

www.akisqnuq.org

Update from the Emergency Program Coordinator

Fire Extinguishers and Smoke Alarms in homes will be checked by the Akisqnuq FireSmart Team and Housing department on the week of Oct 30th – Nov 3rd, 2023. The purpose of this is to ensure life safety equipment is in working order, is functioning properly, is readily available, and is not missing. We plan to compile a list of these and replace any items required in the coming months.



Staff members will come to your home and are happy to answer any questions you may have at this time. You are also welcome to reach out to the FireSmart and Emergency Program Coordinator at the below phone number and email address should you have questions or concerns. Thank you for your patience.

Thomas Dobbin

Emergency Program Coordinator



Akisqnuq First Nation

3050 Highway 93/95

Windermere, BC V0B 2L2

Office: (250) 342-6301 extension #3823

Fax: (250) 342-9693

www.akisqnuq.org

Email: thomas.dobbin@akisqnuq.org



Updates from the Emergency Program Coordinator

Chief and Council Meetings

Band Meeting

The next meeting is TBD.

Chief and Council

Deadline to submit items to Chief and Council Agenda is always the Friday before.

The next meetings will be November 8 and 22, 2023.

ʔakisqnuq Nation is inviting you to a scheduled Zoom meeting.

Topic: Chief and Council Meeting

Join Zoom Meeting <https://us02web.zoom.us/j/89758249947?>

[pwd=dYVnNm9CSFdFVm4xa1dtM1lrndBvQT09](https://us02web.zoom.us/j/89758249947?pwd=dYVnNm9CSFdFVm4xa1dtM1lrndBvQT09)

Meeting ID: 897 5824 9947 Passcode: 054045

Contact Executive Assistant Karen Vargas karen.vargas@akisqnuq.org to request to be on the agenda or if you have any questions.



We care about what you think.

ʔakisqnuqnik, your feedback helps ʔakisqnuq First Nation make improvements to our Health Plan.

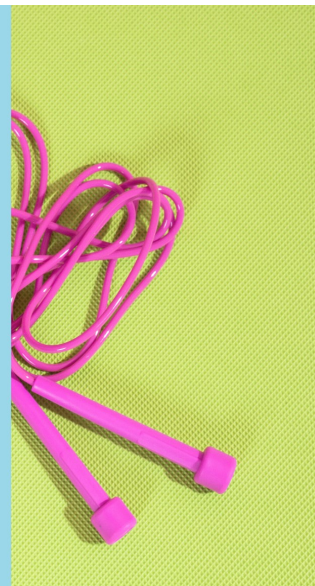
Take a few minutes to fill out the Health Survey.

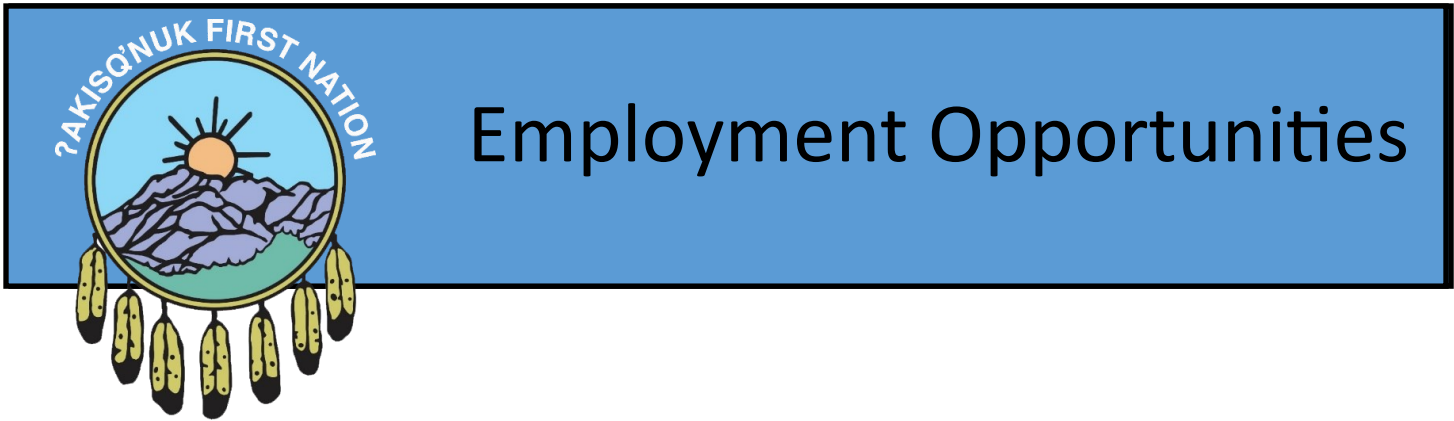
The results will help to inform our Akisqnuq Health Plan (2023 - 2027), and will be submitted to FNHA for funding.

visit <https://www.surveymonkey.com/r/XW2YVVM>



WWW.AKISQNUK.ORG





Employment Opportunities

Check out full Postings at <https://akisqnuq.org/employment-opportunities>

- RN - Clinical Supervisor
- Administrative Assistant
- Education Coordinator
- Housing Coordinator

You may submit your application to Human Resources at hr@akisqnuq.org

The graphic is split into two main sections. The top left section is teal and contains the Akisqnuq First Nation logo and the text 'Social Development update' in yellow. The top right section is a photograph of a group of people standing outdoors in front of a building and mountains. The bottom section is a solid teal background with white text.

Social Development update

Job Search documentation and Monthly Renewal Applications need to be submitted to Christy Baker email: christy.baker@akisqnuq.org

Due the 15th of every Month



Division Lead - Environmental

POSITION SUMMARY

Nupqu Limited Partnership (Nupqu) is an Indigenous-owned business with offices located in Cranbrook, Fernie, and Castlegar, BC. We are seeking a highly motivated Division Lead to join our growing company to fill a full-time permanent position based out of the Fernie Office. As the Division Lead, you will be servicing the needs of our growing Environmental Team. Responsibilities include overseeing the Daily Operations of the Environmental Team and assisting with resource needs, mentorship and support of Project Managers, proposal writing and taking on the various requests from Project Managers with full support daily to ensure the company meets various commitments to clients and stakeholders. This role will involve working with Project Managers and other resource professionals.

DUTIES AND RESPONSIBILITIES

- Provide leadership skills to the Environmental Team daily.
- Assign and monitor work of Project Managers; coordinate staff and cross-functional teams to assign and prioritize tasks.
- Collaborate with Operations Manager, H&S and HR to meet PM & team needs.
- Carry out short-term project management and/or short-term coverage (sick, vacation, personal days) as needed.
- Project and staff performance management, oversight, and reporting:
 - Work with Project Managers to identify equipment and capital assets to meet project needs.
 - Work with Controller and Operations Manager to secure capital funding and purchases.
 - Work with Office Manager and Equipment Administrators to monitor inventory.
 - Contract review and development, budget review, proposal review, staffing and support for project documents such as environment, health, and safety planning.
- Work with Project Managers and Operations Manager to develop and maintain Client relationships.
- Work with Project Managers to ensure compliance with health and safety policies, procedures, and expectations.
- Support recruitment, hiring and project onboarding of staff.
- Work with Project Managers, Controller, and Operations Manager to ensure financial oversight regarding budgeting, expenses, and invoicing.
- Report to Operations Manager

POSITION QUALIFICATIONS (Required)

Education and Experience

- University, college, or technical institute graduate in Environmental Sciences, or related discipline.
- Professional designation preferred (RP.Bio, P.Ag etc)
- Minimum of 5 - 10 years of professional Environmental and management experience.
- Working knowledge of MS Office with strong written and verbal communication skills.
- Motivated self-starter, able to work with minimal supervision, and able to supervise Project Managers in the Environmental Field.

ʔAKISQ'NUK FIRST NATION



Employment Opportunities



- Willingness to improve and implement new processes to strengthen Nupqu's Environmental capacity.

WORKING CONDITIONS

The Division Lead position will mainly involve office-based work. Some light lifting of supplies and materials from time to time will also be required. This is a salaried position based on a 37.5-hour work week. The successful candidate will be a self-motivated individual with excellent interpersonal skills and the ability to liaise effectively with both staff and outside contacts. The successful candidate will have the ability to work independently and will take initiative to maintain work output. This person will have an excellent command of the English language, both oral and written. Must be a team player with good organizational skills and apply flexibility to perform multiple tasks.

ʔAKISQ'NUK FIRST NATION



Ktunaxa Language Learning

Ka 'a ·kʔukaqwaʔa

Our language, our time

Ktunaxa - Ksankanintik

Enjoy two hours of Ktunaxa Language sharing four times a month!

A safe place to explore learning our sounds and all the beautiful words they make.

Learn along with others while using beginner learning materials, word games and Kahoot!

Perhaps you have something you want to learn but don't know where to start or feel intimidated trying on your own? Four times a month we will come together for these and many more reasons.

Hun huɛpayaʔti kuɛ ɔ̄papiʔ ʔupxniskiʔ!

'a·kʔukqa'nam, *n.* speech, language (someone's). **ka·kʔukqa** (**ka 'a·kʔukqa**), my language. **'a·kʔukqa'n**is, your language. **'a·kʔukqa'is**, his, her, their language. **ka·kʔukaqwaʔa** (**ka 'a·kʔukaqwaʔa**), our language. **'a·kʔukaqwmniskiʔ**, your (pl.) language.

Starting June 7th, 2023

Every second Wednesday from 10:30am to 12:30pm MST

Starting June 10th, 2023

Two Saturday evenings per month from 7:00pm to 9:00pm MST

For link, please contact Mara

Email: ktunaxalanguagelearner@gmail.com

Call: (403) 392-6682



KTUNAXA
NATION

*Traditional Knowledge
and Language*

ʔAKISQ'NUK FIRST NATION



Ktunaxa Language Learning



ʔA-kʔukaqwum

KTUNAXA

Language Course

Connecting to the local land through language

12 x 90 minute
virtual learning sessions

September - December
MONDAY NIGHTS
7 PM MT ON ZOOM

This course is designed for you to garner skills that will enable you to carry Ktunaxa Language forward to your classrooms, organizations, in schools and on the land.

REGISTER ONLINE

cbeen.ca/ktunaxa-language-course

Session topics include:

- Ktunaxa Creation Story and the connection to place
- Place names in the East Kootenays
- Why each place is named what it is
- Common classroom phrases
- Things around the town/community
- Plant names • Animal names
- Colors • Numbers • Family relationships
- Common expressions
- Calendar - seasons, months, days of the week



CBEEN

\$300 for all 12 sessions
(\$25/session)

\$240 for CBEEN members
(\$20/session)

Connecting to the local land through language